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Economic Growth Should Continue In 1978, Four Economists Say

RICHMOND - The economies of both Virginia and the nation should continue to expand during the coming year, although at a slower pace than set during 1977, four Virginia economists are predicting in the current issue of the Virginia Employment Commission's "Economic Indicators" magazine. Continued business expansion will be accompanied by a decline in unemployment and increased personal income, they say.

The economists are Dr. E. Glenn Bowman, vice president, Dominion Bankshares Corporation; C. A. Cutchins, III, president, Virginia National Bankshares, Inc.; Philip H. Davidson, vice president, Bank of Virginia Company; and Joseph A. Jennings, chairman of the board, United Virginia Bankshares.

"Beginning the new year from near-record levels, above average economic growth is likely for the U.S., the Southwest and Virginia during 1978," Bowman said. "The Southeast is expected to resume the above-average economic growth accomplished during the three decades prior to the 1974-75 downturn . . . Virginia continues to be a leading contributor to the healthy economic performance of the Southeast."

Cutchins, too, sees Virginia outpacing the nation in 1978. The nation's business "will continue to expand and the 1978 dollar volume will increase 10-11 percent. The economy in Virginia will mirror that of the nation, but will probably exceed the national levels in housing starts, consumer spending, employment and capital expenditures."

Davidson points out that the current recovery has already passed its thirtieth month, which is the average duration of most business cycles. But, says Davidson, a good balance in consumer spending and business expansion, and a mood of confidence among consumers and the business community should make 1978 a favorable year. The growth cycle, he predicts, will continue.

Jennings sees continued real growth of 4.5 to 5 percent, with an increase in consumer spending and expansion of business inventories and plant and equipment expenditures. But he cautions that "the problems of the Carter Administration in developing a comprehensive energy program have significantly deterred plans for anew capital spending . . . Vacillation between tax reforms and capital investment incentives have made business planning far more difficult. We continue to see the growth of government regulation, often necessary but often in conflict with existing regulation. We continue to be unclear as to the balance between proper environmental control and reasonable economic growth . . . The length of this recovery will depend on our ability to eliminate at east some of the current uncertainties."

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COUNTY FLAG CONTEST

Continued From Page 1

has been extended to February 15, 1978.

The requirements for the design contest are still the same and are as follows: 1. the design should be drawn in full color on 8½ x 11" sheet of bonded white paper; 2. the County Seal of Appomattox should be incorporated into the design; 3. any person, male or female, of any age may enter; 4. only one design per family entering the contest will be accepted; 5. must be a resident of Appomattox County as of July 1, 1976.

With the extended time, the design should be submitted no later than Feb. 15, 1978 by mailing it to P. O. Box 488, Appomattox, VA 24522.

The winenr will be announced in the Times-Virginian and on W.T.T.X. The prize for this contest will be a United States Savings Bond.

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The Pastor Speaks

The Psalmist thinks about what happens when the people stray from God and he is aware that disobedience does bring suffering and judgment from God. The Psalmist makes a petition to God, asking, "So teach us to number our days that we may get a heart of wisdom." (90-12) The New English translation expresses it this way: "Teach us to order our days rightly, that we may enter the gate of wisdom."

Numbering our days, putting our days in order, means the same thing. It means using time wisely, doing important and needful things first and balancing our lives with work, study, play, eating, worship. That will involve discipline.

It is a shame that we have let the word "discipline" come to mean primarily "punishment." We speak of discipline in home, school and society as penalty, to bring someone in line by the use of force.

Discipline really means a life-style based on following another person who has authority because of knowledge, experience, age or popularity. Discipline is based on being a disciple, to sit at the feet of another for instruction. A disciple must also be a follower of a code, a standard, an idea, a set of values for life.

Most people do not have an idea of what they ought" to do each day and in each circumstance whether they follow it or not. That is where the moral breakdown comes, when we easily avoid living according to what we believe.

That is where we fail as Christians. To be a Christian, to be a disciple of Christ requires discipline. It is a life-style we take up, where we live in forgiveness, not perpetual punishment. The discipline of Christian, the life-style of a disciple of Jesus is very specific in the Sermon on the Mount (Matthew 5-7) Jesus answers the Psalmists prayer about how to put our days in proper order. "Everyone who then hears these words of mine and does them will be like a wiseman who built his house upon a rock . . ." (Mt. 7:24)

P. Edward Leonard, Jr., Minister, Memorial United Methodist Church, Appomattox

A PLACE TO STAND

Lesson for January 22, 1978

Background Scripture: Daniel 6
Devotional Reading: Psalms 57.

The story of Daniel in the lions' den is a study in contrasts.

On the one hand, we have the presidents and satraps of the Persian Kingdom in the reign of King Darius. They sound like a familiar group of men for they were consumed by jealousy for Daniel, who occupied a special favor with the king. Learning that the king planned to set him over the whole kingdom, "the presidents and satraps sought to find a ground of complaint against Daniel with regard to the kingdom." (Daniel 6:4).

Rev. Althouse

The vulnerable point

The problem, they found, was that Daniel was held in such high esteem in the kingdom that nothing damaging could be found against him. Finally, however, they realized that there was one point at which this man was vulnerable: his faith in the God of Israel. If they could maneuver him into having to make a choice between his faith and the king, they would have him, for they knew that his loyalty to the king was exceeded only by his loyalty to his God.

How many people do you know who have that kind of reputation today? Are you vulnerable because your highest loyalty is to your faith in God?

One thing we need to note is that Daniel did not seek to become a martyr for his faith. When he learned about the ordinance the satraps and presidents had gotten the king to agree to, he did not blatantly and publicly defy the ordinance. He did not seek to become a controversial figure. He wanted only to continue to serve his God. So, we are told: "When Daniel knew that the document had been signed he went to his house where he had windows in his upper chamber open toward Jerusalem; and he got down upon his knees three times a day and prayed and gave thanks before his God, as he had done previously" (6:10).

The anxious king

We have seen the envious, plotting enemies (and recognized their counterparts today). We have seen the faithful Daniel who doesn't look for trouble, but won't run away if it means denying his faith. This brings us to the king, a man of good intentions and decent sympathies, but vacillating and even weak. Instead of saving Daniel from his enemies, he wishes Daniel luck: "May your God, whom you serve continually, deliver you!" The king is like many who want God to do what they themselves have the power to do. They want to do the right thing, but they do not have the courage.

So, Daniel is cast into the lion's den. He had chosen to make his stand there were many things he might do to avoid trouble, but he would not compromise his faith. So it is with us, too. Like Daniel we do not need to look for trouble as Christians. There are issues which are hardly worth our efforts. But be assured, there is for each of us a place where God calls us to stand.

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GOOD NEWS FOR HOMEMAKERS

By Shirley W. Walton
Extension Agent

Tips For Conserving Energy In Using Appliances

Many homemakers are trying to conserve every kilowatt of energy possible. Please be sure that you are using your appliances wisely. Listed below are suggestions that we have talked about before, but wish to share with you again concerning how to effectively and efficiently use your appliances at home:

1. Be sure the door gaskets on your refrigerator and freezer fit tightly. Dirty or loose-fitting gaskets let heated air in and waste energy. A simple way to test your refrigerator gasket is if you can shut the door with a sheet of paper in it and pull that paper out without any pull, your gasket is loosely fitting.

2. Open your refrigerator door only when necessary. Take out and replace several items at one time. More heat enters during several short door openings than during one longer opening. Also, when you are opening the door, you are taking cold air out into your kitchen, thus making your thermostat run more and use more energy.

3. Clean refrigerator condensers regularly. Follow the Use and Care Manual for your refrigerator. A refrigerator should be moved and vacummed behind and underneath regularly.

4. If you have a freezer, keep it as full as possible. A full freezer takes less electricity to operate efficiently.

5. Use pots and pans the same size as the top burners or units on your range. A small pan on a large unit wastes heat. Don't use the large electric unit that because it's the right front one, or on some ranges because it's the left one.

6. Use a minimum amount of water or liquid for cooking. If you are making instant coffee or a cup of tea, boil only the amount of water that is needed.

7. Use a tight-fitting cover when boiling water or cooking on the top of the range to retain heat. Many of our foods can be cooked in half the time if we will use a lid to fit the pan properly.

8. When food reaches cooking temperature, turn the heat down. Use the lowest possible heat level to complete the cooking process.

9. Put your pots and pans on the range before you turn the heat on. Reverse the process when removing pans.

10. For foods requiring cooking an hour or more, it is more economical to use the oven than the range top. Did you know that you can prepare an oven meal cheaper (½ less energy used) than preparing the same meal on top of the range?

11. Don't preheat the oven unnecessarily. If you preheat, put the food in to bake as soon as the oven reaches the temperature.

12. When roasting or baking, use the oven to capacity. Cook food needed for another day. Plan oven meals when possible. Many homemakers will bake some good sweet potatoes for the next day or so when baking a cake.

13. When roasting in an electric range, turn off the oven about 30 minutes before the end of cooking time. Retained heat will complete the job. Electric surface units can be turned off three to five minutes before the food is done and the food will finish cooking.

In oven cooking, avoid peeking when baking or roasting, and never handle food on the rack while the oven is on and the door open. When you must work on the food while it is cooking, take it out of the oven and close the door quickly. Every door opening loses about 25 degrees of temperature.

15. When possible, use portable appliances such as toasters and skillets instead of your electric range, especially when cooking small amounts of food. Small appliances generally use less energy than the range does on the same job.

16. Run only full loads in your dishwasher.

17. Clean the lint filters on your clothes dryer after each load to avoid extra long drying. Clogged lint filters cut down on the rate of air flow, thus increasing drying time and the use of energy. Ladies, it is also wise to pull the dryer out from the wall and vaccum underneath and around it, and make sure you keep the lint filter system thoroughly clean.

18. Don't overdry clothes in the dryer. You are wasting energy.

19. Run clothes washers with full loads, unless you have a small load cycle or variable water level adjustments on your washing machine.

20. In clothes washing, use water no hotter than necessary for adequate soil removal. Use warm or cold water for washing lightly soiled clothes. Save the hot water for white or heavily soiled loads. Use cold water for rinsing clothes. Did you know that cold water cleans just as well as hot water unless you are concerned about germ or grease removal.

Should you have questions about how to save energy in your home, you may call or write the Appomattox County Extension Office. Our phone number is 352-8244, and our address is P. O. Box 488, Appomattox, Va. 24522.

HOLLYWOOD

We had our first big snow of the season Friday. A lot of the church services were closed for Sunday. Schools in Appomattox were closed Friday and again Monday on account of the bad weather.

Mr. and Mrs. L. L. Webb visited in the home of Mr. and Mrs. Kenneth Deaner and family Thursday afternoon. We are so glad Mrs. Deaner is feeling better. We pray she may soon be well.

We are so glad to hear little Shannon Jamerson, Mr. Robert Coleman and Mr. Vernon Torrence has returned home from the hospital. We pray each may soon be fully recovered.

Our hearts were saddened when word came Tuesday that Mrs. Francis Covington Brown of Marietta, Ohio, had died suddenly. She was a daughter of Mr. F. O. Covington and the late Jessie Lee Spawn Covington. Deepest sympathy and our prayers are with each of her loved ones.

We were very sorry to hear of Rev. Ernie Lucas' mother's death and the death of Mrs. Ernest McIntosh. Our prayers and sympathy are with both families.

Mr. and Mrs. Alfred Almond are sick with the flu and their son, James Almond, is ill in the Roanoke Community Hospital. We wish for all of them a very speedy recovery.

Mr. Ernest Rogers and Mr. Gus Torrence remain ill in the hospital. Our prayers are with each of them and their love ones.

We are glad to hear Mr. Charlie Lewis is home from the hospital. We wish for him a very speedy recovery.

Mr. and Mrs. Lawrence Woodson, of Lynchburg, spent Wednesday with Mr. and Mrs. L. L. Webb and family.

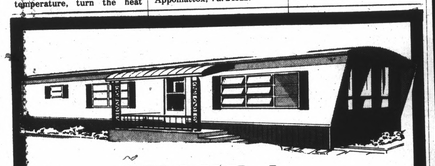
Callers in the home of Mrs. Mary Bagby during the week were Jim Woodall, Alfred Almond, Mr. and Mrs. L. L. Webb, Mrs. Bill Watson, Julia and Kenneth Wingfield, the W. H. Wingfields and Thomas Woodalls.

We are very sorry to hear Mrs. Joe Goin and Mrs. J. C. Jennings are on-the sick list. We pray they both may soon be well as well as all the other sick ones.

RECIPE OF THE WEEK
Double Cornbread Delux

2 eggs
½ cup cooking oil
1 small carton (1 cup) sour cream
1 - 1 lb. 1 oz. can creamstyle corn
1 cup self-rising corn meal

Beat eggs. Add oil and sour cream. Add corn meal and creamstyle corn. Bake at 30 to 40 minutes in a 425 degree oven. This recipe can be easily halved or if you wish to save the leftovers, it is delicious reheated the next day. If you do not have self-rising corn meal, add 1 teaspoon baking power and ½ teaspoon salt to your all purpose corn meal. This is a delicious recipe that resembles spoon bread.



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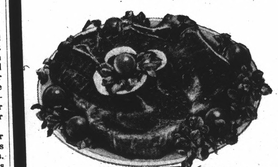

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